Washington State Division of Mental Health

Services and Supports for Adults

Best Practices for Adults and Older Adults	
Best Practice	**Brief Definition**
Well Established Practices for Adults and Older Adults	
1. Assertive Community Treatment (ACT)[1]	ACT is an integrated, self-contained service approach in which a range of treatment, rehabilitation, and support services are directly provided by a multidisciplinary team composed of psychiatrists, nurses, vocational specialists, substance abuse specialists, peer specialists, mental health professionals, and other clinical staff in the fields of psychology, social work, rehabilitation, counseling, and occupational therapy. ACT was designed for people at risk of going to the hospital or jail, or becoming homeless.
2. Collaborative Care	Collaborative care provides mental health care together with primary care in primary care settings in order to: (1) treat a person where he or she is most comfortable; (2) build on the established relationship of trust between a doctor and a consumer; (3) better coordinate mental health and medical care; and (4) reduce the stigma associated with receiving mental health services.
3. Cognitive Behavior Therapy (CBT)	CBT is a specific form of individual and group treatment that can be used for Anxiety, Depression, Depression, Trauma, with specialized forms for Substance Abuse, Eating Disorders, and ADHD. CBT helps the adult or older adult understand their behaviors in terms of their environment, thoughts and feelings.
4. Dialectical Behavior Therapy (DBT)	Dialectical behavior therapy (DBT) is designed specifically for people with self-harming behaviors and delivered through individual therapy, skills group sessions, and phone coaching.
5. Family Psychoeducation	Family psychoeducation helps families understand and cope with a family member's mental illness by providing information about the illness and developing skills for handling problems posed by mental illness.
6. Gatekeeper Program for Older Adults	The Gatekeeper Program enlists and trains people who have frequent contact with older adults, such as mail carriers, bank tellers, and utility workers, to assist in identifying older adults who may need mental health services and to report them to a central information and referral office.
7. Illness Management and Recovery (IMR)	Illness Management and Recovery teaches people with severe mental illness how to work with professionals and significant others to manage the illness and achieve personal recovery goals.
8. Integrated Dual Disorder Treatment (IDDT)	Integrated dual disorders treatment (IDDT) provides both mental health care and substance abuse services through one practitioner or treatment team in a single agency so that the consumer is not excluded from or confused by multiple programs.
9. Medication Management Approaches in Psychiatry (MedMAP)	Medication Management Approaches in Psychiatry (MedMAP) provides research-based scientific formulas or procedures to use as a guide for prescribing medications and dosages as part of the overall treatment for severe mental illness.
10. Psychosocial Rehabilitation	Psychosocial rehabilitation refers to a range of services, not including clinical treatment, designed to help individuals with serious mental illnesses recover functioning and integrate or re-integrate into their communities, generally with the least amount of professional intervention possible.

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[1] In Washington State, ACT is referred to as PACT (Program for Assertive Community Treatment). We use the term "ACT" in this report as a more generic reference that is more generally used nationally.

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11. Supported Employment	Supported Employment brings people who specialize in employment into the treatment team. The goal is to ensure that employment is an integral part of the treatment plan and to promote a rapid return to mainstream employment.
Promising Practices for Adults and Older Adults	
12. Case Management	Case management coordinates service delivery to ensure continuity and integration of services for people using lots of different supports.
13. Comprehensive Crisis Services	Comprehensive crisis services provide short-term, round-the-clock help in a non-hospital setting during a crisis. The goal is to stabilize the individual without hospitalization or other high-cost services, and help them return to pre-crisis functioning as quickly as possible.
14. Drop-In Centers	Drop-in centers are a kind of peer support center – that is, centers operated by consumers themselves, with a mission to provide a place where people can direct their own recovery process. These can often serve as a complement to other mental health services.
15. International Center for Clubhouse Development (ICCD) Clubhouse	Mental health clubhouses are a type of rehabilitation program that is operated by consumers and staff who work side-by-side in partnership. Clubhouse members participate in a work-ordered day that emphasizes strengths rather than illnesses and provides opportunities for transitional employment.
16. Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)	The PEARLS program teaches depression management techniques to older adults through a series of eight in-home counseling sessions followed by monthly telephone calls. This intervention is appropriate for older adults with minor depression.
17. Peer Support	Peer Support can encompass a range of supports delivered by consumers, including structured, scheduled activities delivered under the direct supervision of a mental health professional, informal services, or as part of a consumer-operated service, in order to support other consumers in (1) navigating services and (2) learning and exercising skills needed for coping and utilization of natural resources within the community.
18. Respite Care	Respite care is designed to provide community-based, planned or emergency short-term relief to caregivers to help them cope with the pressures of ongoing care and enable individuals with disabilities to remain in their homes and communities.
19. Standardized Screening for Substance Abuse Disorders	Standardized screening for substance abuse needs is a brief, formal clinical process to identify whether a person would benefit from an in-depth assessment of substance use treatment needs (not to establish the presence or specific type of a substance abuse disorder).
20. Supportive Housing	Supportive housing (sometimes called supported housing) is a term used to describe various ways through which program staff provide individualized, flexible, and responsive services, supports, and community connections that help consumers find permanent housing that is integrated socially, reflects their personal preferences, and encourages empowerment and skills development.
21. Telepsychiatry	Telepsychiatry is a method of providing expert psychiatric treatment via telecommunications for consumers in remote locations or in areas where psychiatric expertise is scarce.
22. Wellness Recovery Action Plan (WRAP)	The Wellness Recovery Action Plan (WRAP) program is a self-management and recovery system, taught by trained facilitators who have personal experiences with WRAP plans. It is designed to help consumers identify internal and external resources and then use these tools to create their own, individualized plans for recovery.